

March 2010 Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 am		♥ Pilates & Props (Rebecca)		♥ Springs & Balls (Rebecca)			
8:30 am						Pilates & Props (Ella)	
9:00 am							NEW! ♥ Springs & Balls (Cata)
9:45 am						♥ Pilates & Props (Ella)	
10:15 am							♥ Strength & Stretch (Cata)
11:00 am						Pilates Salutation (Ella)	
1:35 pm	♥♥ Kind Pilates (Ella)			♥♥ Kind Pilates (Ella)			
4:35 pm		♥ Springs & Balls (Ella)		Pilates & Props (Rene)			
5:15 pm	♥ Pilates Mat Basics (Cata)						
5:40 pm		Power Pilates (Ella)		Power Pilates (Ella)			
6:45 pm			Pilates Salutation (Rebecca)				

⌘ All classes are 55 minutes unless otherwise noted

♥ Friendly for all!

♥♥ Super-duper friendly!

Free Intro Classes: Saturday, Mar 6@12:15pm

Strengthening Mind & Body | (360) 224-1433 | 22 Harbor Mall, Bellingham
www.joyofpilates.net



March 2010 Class Descriptions & Rates

NOW AVAILABLE: Pay online using PayPal!

Just go to www.joyofpilates.net

Drop-in \$15 each (teens free with parent)

Classes: 10 classes: \$130

Student Rate: \$9 per class with ID or 10 for \$85

Month Pass: 30 Days \$200. All the classes you want + 1 private for you Pilates addicts!

Friendship Discount: 10 classes for \$110 (each person). You and a friend commit to class together.

Private Group Classes: 3-6 people.
You and your friends only! \$75 for 4 classes (each person); \$125 for 8 classes (each person).

Privates: \$55 (with senior Pilates instructor)
5 privates \$220 (with senior Pilates instructor)
10 privates \$400 (with senior Pilates instructor)

\$40 (with associate Pilates instructor)
10 privates \$320 (with associate Pilates instructor)

Duets: \$30 (each person)
10 duets \$250 (each person)

FREE Intro Class:

March 6 @ 12:15pm (refer a friend to this class and receive a free class)

Sales taxes included in pricing.

Kind Pilates: A full body strengthening class for those who want a no-pressure pace. Balance, pelvic floor, posture, relaxation, and flexibility. Go at your tempo. Nice music, nice times!

Pilates & Props: What will it be? Bosu? Ball? Floor? This class is never the same twice. Great cross-training for all of your other activities.

Pilates Mat Basics: Perfect class for anyone new(er) to Pilates or just wants a refresher class that takes its time and focuses on quality form! The "Powerhouse" Muscles will be the focus with pilates principles at the heart of the workout.

Pilates Salutation: This is a challenging class! A mix of yoga warm-up combined with intermediate Mat Pilates. Perfect for the person who wants to take their Pilates to the next level. Think Plank Plank Plank & Downdog and you've got it! 60 minutes +.

Power Pilates: Intensive, energy boosting, continuous intermediate Mat Pilates class. This class is for you if you have mastered the basics and are excited to work hard and get the burn on!

Springs & Balls: The best class for those who want to add Cadillac-like exercises to their program. You can't believe the full body workout you'll get! The ball will challenge and activate deep core muscles. Be ready to find yours!

Strength & Stretch: 30 minutes of abs, glutes and back and 30 minutes of stretching using props. Chase away stress while building overall strength. Leave class feeling more aligned and balanced.